

NAME: LOCKDOWN LESSONS

AGE: INFANTS

SUBJECT: PE

TOPIC: ATHLETICS

SKILLS: JUMPING AND THROWING

BURNLEY SCHOOL SPORTS

PARTNERSHIP

WHAT WE WILL LEARN TODAY

- DIFFERENT JUMPING COMBINATIONS
- THROW FOR ACCURACY

EQUIPMENT

- 6-8 FLAT ITEMS (TEA TOWEL, CUSHION)
- 4/5 TARGETS (BAGS FOR LIFE, PANS, BOWLS)
- 4 BALLS MADE OF ROLLED UP SOCKS

PRACTICE

JUMPING (CLICK HERE FOR VIDEO)

Place your flat items in a line with a little space in between

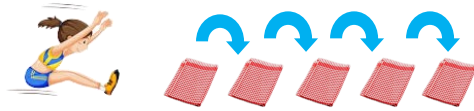
Can you jump onto the stepping stones without touching the floor?

Easy - Move the items close together, jump 2 feet to 2 feet

Hard - Jump using hopscotch (2 feet: 1 foot : 2 feet), increase distance between items

Hints/Tips

- Feet Wide Apart & Hands behind bottom (skiing position)
- Swing arms forward
- Land with sticky feet/ bend knees



THROWING (CLICK HERE FOR VIDEO)

Place 4 targets in a square shape (shopping bags/pans/), evenly spaced

Can you throw your socks/balls into the targets, one sock in each target

Easy - Move closer to the targets

Harder - Move targets into different positions, use both under and over arm throws.

Hints/Tips

- Step forward with opposite foot to throwing hand
- Follow through with arm - fingers pointing towards target
- Swing arm like an "Elephants trunk"



CHALLENGE

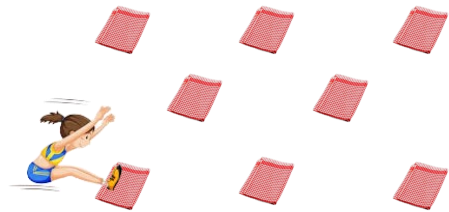
JUMPING (CLICK HERE FOR VIDEO)

'FLOOR IS LAVA'

-Place flat items evenly spaced in an area

-Can you jump and land on every target without touching the floor

-When you have jumped onto a towel, an adult/brother and sister will take it away!



THROWING (CLICK HERE FOR VIDEO)

'FINDERS KEEPERS'

-Place Throwing targets in a line, evenly spaced.

-Throw object into target no. 1, once successful take that target away. Then go for no. 2, then no. 3 and then no. 4!

-Keep going until all targets have been removed. See how fast you can do it!

